

# TEACHING REMOTE FIRST AID IN THE UK

MY EXPERIENCE  
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## WHAT IS REMOTE?

- Any place in the UK that is more than two hours away from the arrival of emergency services is considered remote
- This include farmlands, woodlands, many areas in Wales, Lake District, Peak District, Yorkshire Dales and Scotland
- This has important implications if there is an injury and a course in basic first aid can help



## PLAS Y BRENIN: BMC safety seminar

- For university students
- Weekend based on safety topics
- Saturday afternoon has a session on mountain first aid
- Very varied audience
- Mainly based on accident prevention and safety

## BMC safety seminar

- Difficult to cover everything in three hours
- Teach how to call mountain rescue and give the details of the accident (CHALET)
- Group management
- Awareness of medical issues in members of the group
- Awareness and prevention of hypothermia and hyperthermia
- Quick practical sessions on minor injuries, spinal and limb injuries and unconscious casualty
- Encourage the students to take a proper first aid course



## HATHERSAGE

### BMC layman weekend

## BMC LAYMAN WEEKEND

- Lectures and practical scenarios Saturday and Sunday
- Every participant needs to go through a primary survey session on Saturday
- We cover everything about mountain sports
- Including altitude medicine and use of PAC chamber
- We are allocated sessions to cover Saturday and Sunday
- Interesting presentations on Saturday evening after the barbecue
- Attended also by mountain/expedition guides (they will get a certificate of attendance)

# REMOTE FIRST AID COURSE



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# REMOTE FIRST AID COURSE

- 16 hours course with with assessment and certificate at the end
- Curriculum needs to be followed
- Theory and practice (indoor and outdoor)
- Basic life support training including CPR
- Very formal but the scenery is good
- Also run in other locations in North Wales, Cornwall, Midlands and in some universities.
- We provide up to date information on all our topics and guidelines

## TOPICS INCLUDED IN RFA

- DR C ABCDE
- Use and management of a tourniquet
- Three “P” of first aid: 1 Preserve life 2 Prevent deterioration 3 Promote recovery
- Almost all emergency situations covered
- Medicolegal issues
- Not included: water rescue, avalanche rescue, climbing rescue, altitude medicine



## CONCLUSIONS

- We need to tailor our lessons according to the people we are teaching
- We must use simple, non-medical terms
- We must adhere to the updated protocols of first aid (UK)
- It is important to keep it practical and fun and interactive
- Allow for questions



## QUESTIONS?